

Individual Best Times (All Time)

Evangeline Foster - (733466) - Loughton Masters Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.33	29.60	471	25/11/12	Essex Winter Long Course Championships	Basildon	ER2650	1
100 Freestyle	1:04.83	1:03.50	507	24/11/12	Essex Winter Long Course Championships	Basildon	ER2650	1
200 Freestyle	2:27.95	2:25.60	443	26/11/11	Essex ASA Winter LC Championships	Basildon	ER1632	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.12	30.80	441	24/05/12	EFDSC Club Championships	Loughton	ER2404	4
100 Freestyle	1:03.63	1:04.90	492	15/03/14	Essex County Championships	Basildon	CC4040	2
200 Freestyle	2:19.96	2:22.40	489	23/02/13	Essex County Championships	Basildon	CC3019	2
400 Freestyle	4:58.83	5:03.50	463	05/01/13	Redbridge Winter Meet 2013	Barkingside	LR3002	3
800 Freestyle	11:27.45	11:35.80	334	14/10/10	Epping Forest Dist Club Champs	Loughton	ER0291	4
1500 Freestyle	21:23.13	21:39.10	354	28/11/10	Epping Forest Club Champs	Loughton	ER0293	4
50 Breaststroke	46.54	47.20	226	26/09/10	Bishops Stortford Autumn	Braintree	ER0407	3
100 Breaststroke	1:44.58	1:45.80	212	03/01/15	Epping Forest DSC Club Championships	Loughton	ER150471	4
50 Butterfly	34.90	35.40	340	24/05/12	EFDSC Club Championships	Loughton	ER2404	4
100 Butterfly	1:27.57	1:28.40	235	23/04/11	Borough of Redbridge Regional Sprint Meet	Ilford	LR1013	3
200 Butterfly	3:12.23	3:13.90	240	24/05/12	EFDSC Club Championships	Loughton	ER2404	4
50 Backstroke	36.33	36.90	335	15/09/13	Epping Forest District SC Season Opener	Loughton	ER3669	3
100 Backstroke	1:15.18	1:16.20	389	16/12/12	Epping Forest District SC Yule Tide Gala	Loughton	ER2570	3
200 Backstroke	2:56.90	2:58.80	303	24/04/11	Borough of Redbridge Regional Sprint Meet	Ilford	LR1013	3
200 Individual Medley	2:48.46	2:50.80	378	30/10/11	Epping Forest District SC Club Championshi	Loughton	ER1314	4
400 Individual Medley	6:05.28	6:10.10	356	24/05/12	EFDSC Club Championships	Loughton	ER2404	4
100 Individual Medley	1:20.81	1:20.80	341	23/04/11	Borough of Redbridge Regional Sprint Meet	Ilford	LR1013	3